



PARENT TO PARENT:

Moms weigh in on the breastfeeding debate
P. 6

CITY NEWS:

Expanded language centre meets immigrants' needs
P. 11

SHARP EATS:

A vino education: Tasting events teach perfect pairings **P. 17**

A photograph of Monica Fogel, a woman with curly brown hair, wearing a dark grey patterned top and a necklace. She is smiling broadly and looking upwards, with her hand on her hip. The background is blurred, showing what appears to be a colorful play structure.

CREATING POSSIBILITIES

WHAT MOTIVATES
MONICA FOGEL
TO KEEP KIDS SAFE
FROM THE STREETS? **P. 7**

FREE

FASHION

Does new workout gear motivate you to go to the gym?
Send a note to QC@leaderpost.com

SASKATCHEWAN STYLE

Lisa McEachern: Jeweller loves boho look

By Ashley Martin

When someone says they started out designing jewelry in high school, you tend to picture a small, frilly setup — like a 14-year-old making friendship bracelets. Not so for Lisa McEachern.

The artful teenager needed a business idea for an entrepreneurship class, her mom suggested making and selling jewelry. Setting up shop during lunch, McEachern would do a few hundred dollars in sales.

That kind of what sparked my interest," said McEachern, who studied jewelry design at Vancouver College and has spent the past five years in Hilberg & Berk's head designer.

Her design style has evolved over time. "My tastes have changed, my sense of colour has changed. My eye is very well trained to see what colours go together so it's a lot easier now to design because I've been doing it for so long so most things just come naturally."

But one thing is for sure, since high school, "She still loves to wear vintage clothing."

Through she's gone through goth and rocker phases. "I kind of always come back to the vintage," McEachern describes her style as boho-chic. Her "class" (jewelry apothecary) is full of vintage and Pier One pieces, with lots of lace and beadwork.

Though she's a frequent traveler — for work and for fun (she's in Hong Kong right now) — not all of her treasures come from far-flung places. One of McEachern's favourite stores is the Regent Sebastian Army — "I find so many beautiful things there," among them, a cashmere sweater for \$5. But even with a closet full of vintage, McEachern can't hang onto everything she finds. She regularly purges her closet.

"I have to let go!"

1 MAKEUP: "My staple every day is red nails, it's either bright red or burgundy."

2 EARRINGS: Hilberg & Berk's beaded (yellow and smoky) quartz.

3 JACKET: Sola & Pajo.

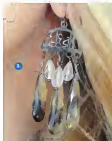
4 SHIRT: Urban Planet.

5 RINGS AND BRACELETS: Various places, including Hill & Berk's, the Brooklyn flea market and Vancouver Charveton.

Most notable of her vintage rings from the Regent Antique Mall is the "500s baby ring." "It's got my initials and my boyfriend's initials on it."

6 SKIRT: Urban Outfitters in L.A. "I really like this one because sometimes I wear like three that are just totally mismatched and my mom calls my style home-less chic."

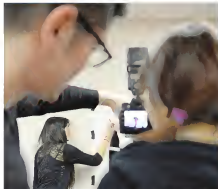
7 SHOES: Cade State Lounge.



Jewelry designer Lisa McEachern is a fan of vintage clothes. QC PHOTO BY DEN HEAL

INDEX

ON THE COVER P. 7



Sharon Poirer (left) and Rayan Stedler (right) work on 'Explosive Them Jet', a photo and film installation at the Art Museum of the University of Regina. (COURTESY OF THE UNIVERSITY OF REGINA)

TABLE OF CONTENTS

FASHION — 2

Jewelry designer uses her spare bedroom to store eclectic vintage finds

IN THE CITY — 4

A moment in time: Our best shot of the week

MY FAVOURITE PLACE — 5

Personal and historical significance at Campion Chapel

PARENT TO PARENT — 6

Moms weigh in on the breastfeeding debate

COVER — 7

What motivates Monica Fogel to keep kids safe from the streets?

CITY NEWS — 11

Expanded language centre at SASI meets important needs

EVENTS — 12

OUTSIDE THE LINES — 13

Artist Stephanie McKay's weekly colouring creation

ON THE SCENE — 14

At the March Expo Marketplace

CROSSWORD/WORD — 15

INVENTORY — 18

Head in food and supplies for your favourite furry friends at Pawfectly Purified

SHARP EATS — 17

Vine education: Experience perfect pinotals at The Tasting Room

READ MY BOOK — 18

The Vaults: Art from the Mackenzie Art Gallery and the University of Regina Collections

WINE WORLD — 18

Grab a bottle of pure sunshine from Mission Hill

MY FAVOURITE PLACE P. 5



Jason Gustafson met his wife near the chapel at Campion College at the University of Regina. The couple renewed their vows here on their 15th wedding anniversary. (QC PHOTO BY JACQUELYNE)

CONNECTION

A.E. Wilson Park is a City of Regina property. It is not owned by the Saskatoon Centre Authority, as we recently reported in the March 5 My Favourite Place story. We regret the error.

QC COVER PHOTO BY TROY FLEECE

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IN THE CITY

MARCH 8, 2014 — 3:16 P.M.

You're in deep



All traps (left) built at Skater (lower right) carve a path through deep snow while others construct snowpeople on Wisconsin Creek in Rogers. GC PHOTO BY MICHAEL SELL.

YOUR FAVOURITE PLACE

QC wants to hear about your favourite place in Regina. Email qc@leaderpost.com

CAMPION COLLEGE CHAPEL

Chapel holds personal and historical significance

By Rikkeal Bohmann

James Gustafson was a student at Campion College in the early 1960s. He is now the executive director of the college and finds himself going to the Campion College Chapel twice a day. He has had many connections to the chapel, including meeting his wife near it, and renewing his vows in it last year.

Q: When was the first time you came to the chapel?

A: It was 1966 for my wife's graduation ceremony.

Q: You mentioned you met your wife here on a date?

A: Because my wife was going to Campion, I knew she would be somewhere in the building. There's a sitting area outside the chapel, and I knew she would be out there. So I would make my way up there on my way to somewhere else and run into her.

Q: How did you two meet?

A: I would have been 22, she would have been 21.

Q: What other connections do you have to Campion Chapel?

A: Last year, my wife and I renewed our vows here for our 35th anniversary with Father Frank, who is the dean of Campion College. My wife and my kids did a little renewal ceremony here. The chapel has had a lot of special things.

Q: Why did you choose the chapel to renew your vows?

A: I think it's because that was where we first connected as students and because I work here, which is another connection. Father Frank, who is the dean, I've worked with him for three years now and he's a close friend as well. It was just such a great moment to be here, up front in a space that I spend time at and on my own and to have my family join me as well.



James Gustafson is his favourite place: the chapel at Campion College at the University of Regina. He and his wife renewed their vows here last year. qc.leaderpost.com

Q: What else do you like about the chapel?

A: I think because we've kept it the way it was built, because it was built in the 60s there are some architectural features like the curved ceilings and the windows the way they are, very mid-century modern. And then the red carpet, you wouldn't see this in another building of we were to rebuild it I don't think we could find red carpet like this, so it would be different.

It's so unique and so beautiful to say this is a connection to our past.

Q: What are some of the other historical items in the chapel?

A: In the Lady Chapel there is this crucifix made of this piece of Norwegian wood that a fellow from Austria had. He went on a pilgrimage and returned here of epilepsy. —He brought it over to Wisconsin and it ended up at his hometown

over in Weyburn, and we have it here. So, we have this thing that's over 100 years old, that's been all over the world, literally and it's just there. There's really not one place in here that doesn't have that kind of connection. All the values were hand woven by someone in Regina. There are a lot of these things. So you sit in this place and it's more than bricks and mortar, it's these little connections points to the world.

Q: What makes this chapel unique?

A: We are in the middle of a very busy place. The university is so busy our college is so busy. You can go to the Riddell Centre and it's very restorative and social. Some thing about the God, it's a job so people are going to be talking and here people can come back and just take a break, re-centre themselves and to focus on God a little bit and perhaps a bigger picture of why they are at university.

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NEXT WEEK: How do you stop your baby from crying?

Email QC@leaderpost.com

PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and
dads. This week we asked:Do you judge moms who don't
breastfeed their babies?

"I would question the reason for bottle feeding instead of breastfeeding for long as the reason is not because mom's body is not producing milk, is that understanding? IF NOT? When most families live on tight budgets as why pay for man-made milk when God made milk available for baby?" — Debbie Riemer

"Don't judge moms that don't breastfeed period! We don't know the circumstances of every case like when can't begin to know what decision making process was made for their situation. It is far better to be supportive of women who have stolen their choice & responsibility of raising children!" — Ryan Mills

"No judgement why they wouldn't breastfeed the best for their child! Breastfeeding!" — All States via Twitter

"Has never known what someone has experienced and/or judgement on someone because of their personal choice or their need to know! Breast is not only best but can be downright cool! Women face enough challenges in this first trimester of breastfeeding! We should all be working to support one another and ensure that babies are getting the best feeds they need through breastfeeding or formula feeding. Formula babies are going to have ticks grow up as children, or face social-emotional issues because they didn't have the same 'bonding' time as breastfed babies do. They're going to be just as healthy, happy and well-adjusted!" — Colleen Kook

"I don't! The only time I judge a little and again in the workday's decision but when a woman is judged for the thought of having their baby on their breast. That, don't understand!" — Meghan Pears

"Never! Not everyone can breastfeed for numerous reasons. As long as baby is fed and loved that is all that matters. I have done both methods of feeding and will pay my money to do both the next while breastfeeding!" — Alana Coffey

"I certainly don't. But many do. I have 2 able to breastfeed as my first two and had strangers offer advice and verbal condemnation all of the time. They didn't know me and they didn't know my story. There are all kinds of reasons that women don't



breastfeed. Many women don't seem to understand how beautiful a mother to be breastfeeding with breast a beautiful mother at all the time when a body simply can't produce milk. As long as the baby's being taken care of why is it anyone else's business?" — Sarah Pate

"I don't judge if I could not I had to switch to an month with my first child because my milk caused my child to stop up. (Not like a huge failure) I've been on both sides and/or. Advantage: I'm not human I don't expect judgement though just respect to myself." — Sarah Pate

"I find formula feeders seem to sleep longer at night. I was formula fed as a baby and I sure the best I ever did. No... No! All of the women who are able to and the women who are not or choose not to. We made these beautiful human beings. Let's just make sure they're fed and grow to mother which was their one best!" — Tammy Verbeke

"I definitely have opinions on those who choose not to breastfeed for any reason that is selfish such as not wanting to rub their breasts. (I wish I, you can't, but if you can you should. After all you can claim to be about what is best for your child if you choose not to for no good reason at all!" — Karen Christian

"We judge each other... why can't we support each other instead? Shame a decision that works best for their family? For those that breastfeed that is wonderful for those that can't or choose to bottle feed, you are wonderful mothers too. No children need to be fed and loved and bottles do not require breast milk. Let's stop judging each other a decision. There are many ways to raise wonderful children!" — Randy Land

ON THE COVER

I scare these kids with my stories all the time. When I look at some of these kids I see myself. — Monica Page!

ALL NATIONS HEALIN' THRU ARTS

Program gives creative outlet to at-risk youth



Steven Pratt, standing left, Payton Bender, top, and Gabriel Mendez take part in a dance class at the All Nations Healin' Thru Arts community group at the YWCA in Regina. QC photo by Todd Ertelt.

By Terrence McEachern

After nearly dying from a drug overdose, Miss ms. Page decided it was time to turn her life around and help others steer clear from the dangers of inner-city life in Regina.

"I've seen so many kids dying and so many negative things happening," said Page (she's general manager of artistic program) and founder of All Nations Healin' Thru Arts. The unique after-school youth program combines life skills and cultural teachings

with hip-hop dance, theatre, photography and filmmaking.

At the end of the program, about a dozen students ranging in age from 14 to 30 show off their artistic work to the public, family and friends. It is on April 15 at the Regina Performing Arts Centre this year.

"We're not here to be a saviour. We can't change their lives for them. But we can give them opportunities to see another avenue to go down instead of always thinking one way all the time," Page said.

Some students have a history of drug and criminal activity. Others are trying to stay away from these pitfalls. With that mix, it's a challenge to ensure everyone gets along.

"We've had kids show up that have been heavily involved in gangs, and it's just another chance for them to get away for a few hours, at least. And then it's up to them to make the choice whether they want to continue coming back," she said.

"I have no control over what they do after the program or what they're doing when

they're not here. All I can try to do is bring programs and people to talk to them and try to get them to think a different way."

Page founded the program in 2004. A member of the Saskatchewan Writers' Guild since 1989, she has been able to attract prominent members of the community to help with courses (including dance instructor Chip McDonald, Elder Norma Jean Bird and English teacher).

Continued on Page 8

It gets them out of the situation they are in. We have supper together before class and chat and discuss the happenings of what has been going on in their lives and try to make sense of it in a way that helps — Eagleclaw Thom



Payton Sholer (left), and Eagleclaw Thom, photo and film major at the All Nations Health Thru Art program. The course gives students an outlet to discuss the issues they face. GC photo by Ryan Hulse

This is Thom's first year teaching courses on story filmmaking and photography in the program. Students have access to point-and-shoot cameras and are free to take pictures or video during the class as they learn different techniques, such as composition.

The documentary side of the course has students working on video diaries and "lots of self-discovery."

Thom, who is a new media instructor at the Saskatchewan Institute of Applied Science and Technology (SIASST), said it has been an interesting adjustment working with teenagers.

"We've got to try to keep themselves entertained a lot more than little kids" he said. "You always have to be cooler than they are to keep

them interested."

Thom also realizes the course can give the teens an outlet to discuss the issues they are facing in the community.

"I help them out of the situation they are in. We have supper together before class and chat and discuss the happenings of 'what has been going on in their lives and try to make sense of it in a way that helps,'" he said.

One of Thom's students, Challen McKay, 16, became involved in the after-school program three years ago. A former resident of North Central, McKay is well-versed in the neighborhood's criminal activities.

"The things you have to avoid in North Central — gangs, drugs, alcohol, media bullies," he said.

Tugging on his red shirt, McKay said if he were still in North Central, he would likely be "shot, stabbed or jumped." McKay is referring to a 2012 homicide in which a 15-year-old Native boy inside a street gang member's vehicle and killed a 31-year-old father in the neighbourhood for wearing a red shirt, a colour believed to show gang ties. The youth was sentenced to seven years in prison.

The homicide is one of 36 in Regina between 2008 and 2013. Of those, 20 have either occurred in North Central or in the Core neighbourhood.

Also during this time, as Regina's population has climbed over 200,000, the number of reported incidents in the city has remained constant, averaging 30,600 offences, including

an average of seven homicides a year. Crime has been concentrated in North Central, with an average of 6,715 offences, and the Core neighbourhood with 3,785 offences. Combined, the neighbourhoods have experienced 3,900 asaults and 1,855 drug offences in the past five years.

For more than a decade, Regina has ranked first on the Canadian Index for Justice. Statistics Canada recently ranked it as the most dangerous city in the country. The Regina Police Service notes many areas of crime have declined, including motor vehicle thefts, assaults and robberies. From 2003 to 2012, 10% statistics show that overall reported crime, excluding traffic and drug offences, declined by 34.5 per cent.

The (federal government) weren't playing anymore, the province started cutting back on some of their funding and the city realigned some of (its) priorities. So, at the end of the day, we're left here at the neighbourhood going 'where did all our partners go?' — Rob Deglue

North Central, a 188-square-block rough blockland located between Broad Street and Leveaux Drive, was put under a national red envelope in 2007 when Maclean's Magazine declared it "Canada's most dangerous neighbourhood" due to its levels of violent crime, drug abuse and prostitution.

The article angered many public officials and community leaders in Regina, but Rob Deglue thought it was exactly the sort of attention the neighbourhood needed.

"Personally I loved it. It was the first time, at least, we had some attention. I mean no one wants to offend their neighbourhood is bad. But after that article came out, we had more government departments, more people, working on solutions than ever before," said Deglue, a community relations officer and former senior vice director of the North Central Community Association.

Despite the organization's outreach strategies to deal with the causes of gang activity external flooding out over the years has hurt efforts and kept that way of life going. He said,

"It wasn't the topic of the day. People started forgetting about the Maclean's article and so, slowly one by one, the partners started dropping off. The (federal government) weren't playing anymore, the province started cutting back on some of their funding and the city realigned some of (its) priorities. So, at the end of the day we're left here at the neighbourhood going, 'where did all our partners go?'" said Deglue, who is a former Regina city councillor.

"I think as long as we have poverty and family dysfunction we're going to have gangs. The simple process in young men and women don't have a sense of belonging, and end up going this route to be a part of something that they don't have in their family life."

Deglue said a major redevelopment that will help turn around the community is the multi-million-dollar housing and commercial project planned for Taylor Park near Moose Mountain as torn down and a new stadium is built at Elbow Place by 2017.

Still, he encourages residents to take an active role in determining the future of North Central.

"What we want to look at is how do we as a community establish or reassert ourselves? How do we become 'Godfathers like?' he said.

"It's power shops or it's bakeries and bread or shops and all these amenities that are not out of place in a residential neighborhood."

But Deglue, trying to help inner-city youth stay away from crime and gang life has had his ups and downs. Some students have moved on and attended university whereas others have gone to jail.

Recently a member of the group was in



The North Central Community Association's Rob Deglue says funding cuts have hurt their outreach programming. (COURTESY OF NCCA/SCLOUTS)

stead to four months in jail, but Deglue said this individual was able to become a disruption and a safety concern for some of the younger members.

"I can't have someone like that coming in and bringing and really making gang life and everything glorified. We got kids here that are really trying to change but I don't want to send them away either because I want to give them a chance. A lot of these kids are used to being told to go away," Deglue said.

"I kept telling him you've got to pack a suit — you can't do both. The stress is very powerful and if you have nobody you go to where you feel you belong, whether it's good or bad," she said.

The success stories outweigh the negatives, but Deglue remembers a dark time when a young man in the program and a soon-to-be father contacted outside five years ago.

"Nobody even saw that coming," she said. The man, about 18 or 20 years old, was in the

program with his pregnant girlfriend. Deglue said his absence didn't get in the way of his participation as a cost member in the group's theater production North of Broadway.

"I just know him very well. It's just uncertainty because someone can put a knife on the inside and act like everything is all good but you don't know what is going on," she said.

Months after his death, his girlfriend gave birth.

Continued on Page 10

I have no control over what they do after the program or what they're doing when they're not here. All I can try to do is bring programs and people to talk to them and try to get them to think a different way. — Pegel



Melissa Pegel, creative director of *All Nations Health*. The video strives to help inner-city youth stay away from crime and drug use. (C) Westview Video 100000

'At least she has a little girl to carry on his memory that you know it's difficult. It's just sad that he couldn't deal with his situation in a more positive way.'

Pegel, who has been on her own since she was 18, knows all too well the dark side of life on the streets of North Central.

She doesn't shy away from talking about her past as a drug addict and street worker. Pegel recalls the day she nearly died from a drug overdose when she took her violent boyfriend she wanted to leave that way of life. He rejected her with drugs, causing her to spend five days in the hospital.

But now she sits and jokes with her students, telling peers, Bessie and Connor, about the time she was born, serving as an inspiration that change is attainable.

'I want these kids with big stories all the time,' Pegel said with a laugh. 'When I look at some of these kids I

see myself.'

Pegel has been clean for 18 years. In large part, she attributes her turn around to having people believe in her.

Everyone just needs an opportunity. Whether they take it or not, that's another thing," she said.

A source of inspiration in her life has been her father Simon — a Holocaust survivor who passed away in April.

He was a really strong man. And, I thought if he can live through the Holocaust and come out not being bitter and still being a loving and caring person, then why am I to completely about anything I've been through?

Even though the non-profit program receives about \$300,000 a year in funding through sources such as Aboriginal Affairs and Northern Development, diocesan funds and Northern Affairs, SaskCulture

and Saskatchewan Lutheran, Pegel would like to see funding increase to make an outstanding issue — the lack of a permanent home.

Since its inception, the program has shared resources and housed around from Scott College in Saskatchewan, Avenue to the Street Workers Advisory Project (hiding on Albert Street) and then to Housing Horizons Ministry on Angus Street. For now it has settled in the basement of the YMCA on Mulgrave Street.

In order for the program to grow and solidify itself as the community Pegel wants her own facility with a kitchen and laundry rather than moving around and sharing resources with other organizations.

Once I do, I want this to carry on. I want All Nations House! Thru Arts to be another segment of Regina. You know, I'm from this city. It's a warm story and I want these kids to be a success story too.

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CITY NEWS

SIAST

Language centre expanded to meet needs

By Natascia Lypny

Exploding demand and the province's immigration targets have opened the expansion of local language services.

The Saskatchewan Institute of Applied Science and Technology (SIAST) has renovated its language centre, which will serve as the headquarters for English language proficiency tests.

"Language instruction and testing are essential elements in scoring and ensuring that newcomers can move quickly into employment opportunities as well as into post-secondary," said Dr. Larry Koss, SIAST president and CEO.

"Without this course many of them would have had to leave the province to meet citizenship and employment requirements."

In addition to language assessments, the centre offers training to meet school entrance and citizenship and immigration requirements, as well as help with meeting personal or professional goals.

The \$186,000 in renovations covers two classroom testing rooms, and a registration and waiting area.

They also help to accommodate the centre's booming numbers. In the past 14 months, centre use has increased 500 per cent. More than 4,000 people have taken tests there since its inception in April 2012.

If Saskatchewan's immigration goals stay on track the centre is only going to get busier.

Since 2007, 55,000 immigrants have come to Saskatchewan. The province has a 2026 target population of 1.2 million residents, including a stark five per cent increase of 80,000 people.

"In order to achieve these goals it's going to mean attracting and retaining new immigrants to Saskatchewan, and that means as a province we need to help and provide opportunities to everyone that's coming here," said Louie Greenberg, deputy minister of Advanced Education, who presided at



Dina McKen, a work-experience instructor at the SIAST Westpark Campus, teaches ESL in Ontario. SIAST has expanded its language centre by adding the International English Language Testing System (IELTS) for assessments and examinations.

language centre's efforts. Its 6,000-person capacity is set to double in the near future, said Dean of Basic Education Della Anagnostou.

"We've concentrated on creating programming that helps the newcomers socially and economically integrate

into our fabric of Saskatchewan," she said.

The language services at the SIAST Kelowna Campus in Kelowna are also undergoing some far changes.

info@siast.ca
www.siastrg.ca



Dr. Larry Koss, president and CEO of SIAST, says language instruction and testing are essential for newcomers. cpc.mpr.ca for more.

OUTSIDE THE LINES

Colouring contest

Each week artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to steph@leaderpost.com. One winner within chosen age group.

Please send high resolution pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Alexa Krebs**. Congratulations! Thanks to all for your colourful submissions. Try again this week!

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ON THE SCENE

MARDI GRAS MASQUERADE

Few people at the Hungarian Club on Saturday were without beads, feathers, a mask or some kind of festive accoutrement. It was a Mardi Gras celebration after all. The cabaret, which featured the pop-rock sounds of Slow Motion Walker, was a fundraiser for the Virginia Balaton Hungarian Dancers. The group is hosting the Western-Canadian Hungarian Folk Festival in October. About 140 people attended the party.

1. Norma Kleiser

2. Debbie McPherson

3. Linda Mack

4. Joan Harding

5. Paul and Christine Tomello

6. Rebecca Chib

7. Steve Pitzer

8. Edith Kania and Kaitlin Jenkins

9. Kathy Wilmer and Robert Stradick

GO PHOTOS BY MICHAEL ROLL

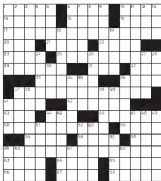


#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Celebrity sibling
 4 Heavy lift
 10 Unborn housing option
 14 Dangling succumb
 15 Practice
 16 Glenzilla's mark
 17 "My Removable Affinity"
 20 Character from Shakespeare
 23 Core _____ [fish sounds]
 24 Telling out result
 25 Good ingredients were
 26 "Good night, John-ny" series
 28 _____ of Gibraltar
 31 "Carpenter Hymn"
 32 Not a red tie
 33 Lovers' made-a-one
 34 Do some kg. pulling
 37 One-third cowd, or a third to what a third is the answer to the most intense heat
 40 Noted book
 42 It's like saying "I"
 43 "Strong" stuff
 44 Butte with hole
 45 Put up
 50 "Proudest" drink
 52 Not of handless mischief



PUZZLE BY NANCY COLE

DOWN

- 1 Picked up as a
 2 Ignited wildfire
 3 Totally in favor of
 4 Role of wing
 5 Words on roof option
 6 "Oh, or please!"
 7 It may exist in 8 Diner
 8 What's on a bank
 9 "I'm sorry" letter to
 10 Not a best seller
 11 On a minor
 12 Knighthood letters
 13 Not pricing word
 14 Inevitable (on)
 15 Like name, too cards
 16 Controls room class
 17 Reeling too up, say
 18 Leaves home?
 19 Part of a pig
 20 Full of
 21 Kind _____ of salt
 22 One is an upper
 23 Chained letter
 24 "I'm sorry" letter to
 25 Not a best seller
 26 Not a best seller
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 29 Not a best seller
 30 Not a best seller
 31 Not a best seller
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JANRIC
CLASSIC
SUDOKU

Level: GOLD

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



Solution to the crossword puzzle and the Sudoku can be found on Page 19.

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INVENTORY

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PAWSITIVELY PURRFECT

Pawositively Purfect sells itself a "one stop dog shop." Richard and Jay Marston opened the store 10 years ago with the goal of offering quality products to pet owners. They sell health foods and supplies with a focus on dogs — though cat owners could also find a thing or two to take home. Store hours are 9 a.m. to 5:30 p.m. at 4537 Rex St.

1. DOWNWARD DOG: Fido-Fit's ProFit improves core strength and balance. Helps to rehabilitate injuries. Starts at \$60.

2. MUSH, MUSH: Omegaone Joint Tonic includes dog-friendly and cat-friendly for

dogging. \$160

3. CHEW ON THIS: Stella & Chewy's raw dog food many flavors. Starts at \$22

4. EASE MUSCLE PAIN: Back on Track, drug-free pain relief. Coat reflects heat back into the body to relieve muscle pain. Starts at \$60

5. CATCH ME: Here, Doc! for playing disc dog or fetch. Starts at \$10

6. FAT LOCALLY: Acorns Ranch-style fresh, locally sourced dog food made in Alberta, many flavours. Starts at \$20

QC PHOTO BY DON HEALY



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DANNY ROBERTS, RAY RALL, YEL, HILLS DEAD SOULS
EVEN SICKER BEATS, STILLWINDS, ROSE, BEAR, SEPOST
QUINCY SITTLES, OPEN JAM, THE WESLEY PERCY SINISSE
FIELD, WITH NO, SAKS, SAKS, SAKS, SAKS, SAKS, SAKS
SURE & MACHO, KORY ISTEAD, VS THE THIS, THE THIS, THE THIS
THE 2005 BUDDIE BLUE BEANS

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SASKATCHEWAN FOOD TRENDS

Help for choosing the perfect wine every time

By Jenn Sharp

"Bring a bottle of wine for dinner. We're having fun."

A friend said this to me recently. I started nodding. What kind of wine goes with fish? White, obviously. Or, I knew that really hot other that I was at a loss. What if I bring something people hate?

I know what kind of wine I like but what about everyone else? And I'm not all that skilled at pairing wine with food.

My default is usually to phone James Harriman, aka Dr. Bacon, our esteemed QC wine columnist, but I can't always go missing for help. I need a wine education.

Reading the label can help, but it doesn't all ways tell food pairings. It's like to suggest to know that ripe notes of tropical pineapple, tropical banana, will be good?

And sometimes you need a good imagination to figure out what a wine might taste like. Take this Italian Chianti for example with notes of coffee, leather, smoke and minerals. That doesn't sound very good to me. Who wants to drink leather?

Chief Rah Harriman and co-owner Jonathan Goss have a great solution to this problem in Regina. Harriman operates Roastbar's Catering at the Saskatchewan Science Centre. He recently started The Tasting Room last year and is gearing up for a new season of events with Goss.

The men are a fine pair of hosts. Harriman provides the food to make Goss's wine selections for the evening. Both want to introduce people

to the joys of wine.

"There are so many people who don't know what to look for," says Harriman.

Their goal for seasoned wine lovers (like myself), is to teach wine and food pairings, while introducing some new varieties.

"People pick a wine by reading the label but don't know how to translate the flavor notes," he adds. "We show you what to look for and what's best for your taste."

The first event of the season will be a cabernet session, held in the Sunlight Room at the Saskatchewan Science Centre. Expect an in-depth lesson on food pairings, especially as

at restaurant setting. Goss chooses five cabernet sets and will go through the history of each, along with the best food pairing for that wine. Harriman will provide a simple food, like homemade bread and cheese, as well as not to overindulge in the palate.



In the Sunlight Room at the Saskatchewan Science Centre, the third Thursday of each month, The Cabernet Staged Cabernet Dinner will be a food and wine pairing event. An example of what you can expect to see at the event is in this photo. SASKATCHEWAN PHOTO

In Wine Veritas, a similar wine tasting and education night is held on the third Thursday of every month at Roastbar's Catering at the Saskatchewan Science Centre. A wine and food pairing event, and brings a selection of wines from a specific winery. Each wine is perfectly paired with a variety of gourmet tasting plates, crafted by chef Peter Phillips and the Roastbar's kitchen team.

A private club, Roastbar is open to employees at Innovation Place and to members. A yearly membership at \$100 and includes access to patio events, like Fire and Ale, once summer begins.

jaharr@roastbar.ca
Twitter: @roastbar Regina

THE TASTING ROOM— CABERNET SESSION

Featuring five cabernets from around the world. Sunlight Room at Saskatchewan Science Centre. March 21, 7 to 9 p.m., \$30 plus GST.

Seatings limited. Call 306-569-8238 to reserve. Next tasting events are April 28 and May 17.



The Cabernet Session will be held at The Tasting Room in the Sunlight Room at the Saskatchewan Science Centre on March 21. PHOTO BY BRIAN SCHLOSSER

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#STEPHEN KING

My personal journey toward artistic enlightenment

I'm not the only person in Saskatchewan whose first day on a university campus included exposure to Stephen King's products, but I might be the only one who can say it happened at age 7.



Stephen King

In the fall of 1976, I helped my parents move my elder brother into the Luther College residence at the University of Regina. As we walked across campus for the first time, we stopped to look at Calhoun-Galby, the 18-foot tall, hand-carved sculpture which at that time stood as what is now called the Dr. Lloyd

Barber Academic Green. I remember staring in wonder at the sculpture and asking my parents, "What is that?" They were at a loss to explain.

Thirty-four years later, I am still not sure I know exactly what Calhoun-Galby represents, but I do know a lot more about it from my experience working with Timothy Long, curator of the MacKenzie Art Gallery as well as co-edited *The Vault: Art from the MacKenzie Art Gallery* and the University of Regina Collections. Through my research, I discovered that Quebec-born Francophone Sculptor created Calhoun-Galby for Expo-67 in Montreal, that the piece was accidentally destroyed in 1986 while being moved, and that it was reconstructed because it had become such

a centerpiece of the University of Regina campus. And the Sculptor's wonderful advice to me, Calhoun-Galby was donated to the University of Saskatchewan — Regina Campus (now the University of Regina) by Sculptor's Limited.

I learned many other things as Timothy and I worked on the book together. For example, I didn't know that the MacKenzie Art Gallery and the University of Regina have been inextricably linked since 1966 — before either of them actually even existed. Or that since that time, the two institutions have together developed four discrete collections of art that are, however, inter-connected. I learned that pieces by international figures like Rodin, Picasso and Munch are

housed right here in our province alongside works by Saskatchewan artists like Joe Fafard and Dorothy Knowles. And now understand why Kenneth Lockhead and his five members of the "Regina Five" were some of the most talented and visionary artists Saskatchewan — and in fact Canada — ever produced.

Perhaps most importantly, I developed a new appreciation of what art means to the people of this province. That is something I did not have at age 7, but it's something I now want to share with anyone who takes their own journey through *The Vault*.

The Vault: Art from the MacKenzie Art Gallery and the University of Regina Collections is available from the MacKenzie Art Gallery Gift



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WINE WORLD

#5 VINEYARDS

Crack a bottle of pure sunshine from Mission Hill

By James Romanow

Somewhere the sun is shining, somewhere the sky is blue. Somewhere in our future, spring will come soon. And in the meantime it won't hurt for it to seem a bit out of the ordinary, then, what you need to do is crack a bottle of crisp clean sauvignon blanc. The stuff is sunshine in the glass. Crisp, frosty, full of the sweetness of an orchard on a hot summer afternoon. It's enough to make you put on a pair of flip-flops and crawl in the nearest snowdrift.

The Okanagan version of sauvignon blanc is much sweeter than the Kiwi (super crisp and grassy) or Californian (sweet sour with herbs) version. It embodies the classic profile of lemons and limes, and if you stop and consider — or enjoy it with a very plain salad, perfectly something with a bit of asparagus like radishes or zucchini — you will start to pick up the word and flavours of freshly cut herbs.

Mission Hill, a winery for which I have a great deal of affection, has a sauvignon blanc that is sourced from five different vineyards, hence the name. These good wines to subtly accent each aspect of the wine from the rocks, to the bouquet, to the palate, right through to the finish.

If you like smooth mouth wines, then a Vineyard won't be for you. It is an extremely smooth wine. It won't win any awards. When



5 Vineyards, Canada, 2012 \$55-****

More great wines in Monday's page and on Twitter @jromanow

Crossword/Sudoku answers

ROAST	SNIT	GOOP	
ECLAT	HONE	RUBE	
HELLOR	HIGH	WATER	
ALT	PAINS	RIFT	
BOOM	THE	WALTONS	
STRAIT	END	SEE	
CRUISE	JEST		
SHREDDED	WHEAT		
OLIO	ANYHOW		
MUD	KISS	EFFECTS	
GREAT	WHITE	LARK	
AGITA	LAZY	TUE	
SLOW	HAT	SEIS	NEW
ALAR	HORN	PRATE	
KEYS	SNIP	SAPOR	

6	7	4	9	5	2	3	1	8
2	8	9	3	7	1	4	6	5
5	1	3	8	6	4	2	7	9
9	4	6	5	1	7	8	2	3
3	5	7	6	2	8	1	9	4
1	2	8	4	3	9	7	5	6
7	9	5	2	8	3	6	4	1
4	3	1	7	9	6	5	8	2
8	6	2	1	4	5	9	3	7

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